



The course RAG Sheet and your target grade

My Target grade is _____

Section	Colour
SECTION 1 – APPLIED ANATOMY AND PHYSIOLOGY	
1.1 The structure and function of the skeletal system	
1.2 The structure and function of the muscular system	
1.3 Movement analysis	
1.4 The cardiovascular and respiratory systems	
1.5 The effects of exercise on the body systems	
SECTION 2 – PHYSICAL TRAINING	
2.1 – Components of fitness	
2.2 – Applying the principles of training	
2.3 – preventing injury in physical activity and training	
SECTION 3 – SOCIO-CULTURAL INFLUENCES	
3.1 – Engagement patterns of different social groups in physical activities and sports	
3.2 – Commercialisation of physical activity and sport	
3.3 – Ethical and socio-cultural issues in physical activity and sport	
SECTION 4 – SPORTS PSYCHOLOGY	
4.1 – Characteristics of skilful movement and classification of skill	
4.2 – Goal Setting	
4.3 – Mental preparation	
4.4 – Types of guidance and feedback	
SECTION 5 – HEALTH, FITNESS AND WELL-BEING	
5.1 – Health, fitness and well being	
5.2 – Diet and nutrition	

KEY

GREEN – I feel very confident to answer long and short answer questions on this area

YELLOW – I feel that I can get 75% of marks available on long and short answer questions on this area

ORANGE – I feel that I can get 50% of marks available on long and short answer questions on this area

RED – I would only get 25% of marks on this area

